



Form 34 - Personal Habits

Data File: f34_os_pub

File Date: 08/02/2007 Structure: One row per participant

Population: OS participants

Participant ID

Variable # 1

Usage Notes: none

Sas Name: ID

Categories: Study: Administration

Sas Label: Participant ID

F34 Days since randomization/enrollment

Variable # 2

Usage Notes: none

Sas Name: F34DAYS

Categories: Study: Administration

Sas Label: F34 Days since randomization/enrollment

N	Min	Max	Mean	Std Dev
93549	-668	1182	-24.60294	35.9555

F34 Smoked 100 cigarettes

During your entire life, have you smoked at least 100 cigarettes?

Variable # 3

Usage Notes: none

Sas Name: SMOKEVR

Categories: Lifestyle: Smoking

Sas Label: Smoked at least 100 cigarettes ever

Values		N	%
0	No	47,021	50.3%
1	Yes	45,807	49.0%
.	Missing	721	0.8%
		93,549	

F34 Age started smoking

How old were you when you first started smoking cigarettes regularly? (Give your best guess.)

Variable # 4

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKAGE

Categories: Lifestyle: Smoking

Sas Label: Age started smoking cigarettes regularly

Values		N	%
1	Less than 15	2,992	3.2%
2	15-19	22,645	24.2%
3	20-24	14,272	15.3%
4	25-29	3,131	3.3%
5	30-34	1,266	1.4%
6	35-39	690	0.7%
7	40-44	358	0.4%
8	45-49	164	0.2%
9	50 or older	106	0.1%
.	Missing	47,925	51.2%
		93,549	



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F34 Smoke now

Do you smoke cigarettes now?

Variable # 5

Sas Name: SMOKNOW

Sas Label: Smoke cigarettes now

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
0	No	39,514	42.2%
1	Yes	5,804	6.2%
.	Missing	48,231	51.6%
		93,549	

F34 Age quit smoking

How old were you when you quit smoking regularly?

Variable # 6

Sas Name: QSMOKAGE

Sas Label: Age quit smoking regularly

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 15	51	0.1%
2	15-19	579	0.6%
3	20-24	3,191	3.4%
4	25-29	3,991	4.3%
5	30-34	4,921	5.3%
6	35-39	4,428	4.7%
7	40-44	4,587	4.9%
8	45-49	4,291	4.6%
9	50-54	4,516	4.8%
10	55-59	3,224	3.4%
11	60 or older	2,955	3.2%
.	Missing	56,815	60.7%
		93,549	

F34 Quit smoking because of health

Did you quit smoking because you had a health problem that was caused by or made worse by smoking?

Variable # 7

Sas Name: QSMOKHP

Sas Label: Quit smoking because of health problems

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
0	No	28,985	31.0%
1	Yes	6,072	6.5%
.	Missing	58,492	62.5%
		93,549	



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F34 Cigarettes per day

On the average, how many cigarettes do you (did you) usually smoke each day?

Variable # 8

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: CIGSDAY

Categories: Lifestyle: Smoking

Sas Label: Smoke or smoked, cigarettes/day

Values		N	%
1	Less than 1	2,080	2.2%
2	1-4	8,184	8.7%
3	5-14	13,908	14.9%
4	15-24	11,911	12.7%
5	25-34	3,922	4.2%
6	35-44	2,537	2.7%
7	45 or more	1,198	1.3%
.	Missing	49,809	53.2%
		93,549	

F34 Years regular smoker

How many years have you been (were you) a regular smoker? Do not count the time you stayed off cigarettes.

Variable # 9

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKYRS

Categories: Lifestyle: Smoking

Sas Label: Years a regular smoker

Values		N	%
1	Less than 5 years	6,294	6.7%
2	5-9 years	4,575	4.9%
3	10-19 years	9,648	10.3%
4	20-29 years	9,591	10.3%
5	30-39 years	8,015	8.6%
6	40-49 years	4,658	5.0%
7	50 or more years	1,381	1.5%
.	Missing	49,387	52.8%
		93,549	

F34 Smoked to lose weight

Have you ever smoked to keep from gaining weight or to lose weight?

Variable # 10

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKWGT

Categories: Lifestyle: Smoking

Sas Label: Smoked to lose weight

Values		N	%
0	No	36,587	39.1%
1	Yes	7,336	7.8%
.	Missing	49,626	53.0%
		93,549	



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F34 Usually drink coffee

Do you usually drink coffee each day?

Variable # 11

Usage Notes: none

Sas Name: COFFEE

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Sas Label: Drink coffee each day

Values		N	%
0	No	27,704	29.6%
1	Yes	65,247	69.7%
.	Missing	598	0.6%
		93,549	

F34 How many cups coffee per day

How many cups of regular coffee (not decaf) do you usually drink each day? (If none, mark "None.")

Variable # 12

Usage Notes: Sub-question of F34 V2 Q2 "Usually drink coffee".

Sas Name: CUPREG

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Sas Label: Number of regular cups of coffee, day

Values		N	%
0	None	12,681	13.6%
1	1	14,958	16.0%
2	2	17,577	18.8%
3	3	10,491	11.2%
4	4	5,114	5.5%
5	5	2,150	2.3%
6	6 or more	1,944	2.1%
.	Missing	28,634	30.6%
		93,549	

F34 12 alcoholic drinks ever

During your entire life, have you had at least 12 drinks of any kind of alcoholic beverage?

Variable # 13

Usage Notes: none

Sas Name: ALC12DR

Categories: Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Drank 12 alcoholic beverages ever

Values		N	%
0	No	11,082	11.8%
1	Yes	82,052	87.7%
.	Missing	415	0.4%
		93,549	



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F34 Drink alcohol

Do you still drink alcohol?

Variable # 14
Sas Name: ALCNOW
Sas Label: Still drink alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	No	20,331	21.7%
1	Yes	61,465	65.7%
.	Missing	11,753	12.6%
		93,549	

F34 Why did you quit drinking

Why did you stop or quit drinking alcohol?

Variable # 15
Sas Name: ALCQUIT
Sas Label: Reasons quit drinking alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Sub-question of F34 V2 Q3.1 "Drink alcohol".
Not collected on all versions of Form 34.

Values		N	%
1	Health problems	3,685	3.9%
2	My drinking caused non-health problems	1,774	1.9%
8	Other	12,805	13.7%
.	Missing	75,285	80.5%
		93,549	

Categories: Diet: Alcohol
Lifestyle: Alcohol

F34 Weight changes in adult life

Women's weights change during their adult lives. Mark the one answer that best describes you during your adult life. Please don't include times when you were pregnant or sick. (Mark only one.)

Variable # 16
Sas Name: WGTADULT
Sas Label: Weight during adult life, lbs

Usage Notes: none
Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values		N	%
1	Weight has stayed about the same	30,623	32.7%
2	Steady gain in weight	28,366	30.3%
3	Lost weight as an adult and kept it off	2,987	3.2%
4	Weight has gone up and down	30,636	32.7%
.	Missing	937	1.0%
		93,549	



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F34 Times weight changed 10 pounds

About how many times did your weight go up and down again by more than 10 pounds? Please don't include times when you were pregnant or sick.

Variable # 17

Sas Name: YOYO10LB

Sas Label: Number times weight went up/down >10 lbs

Usage Notes: Sub-question of F34 V2 Q4 "Weight changes in adult life" (skip pattern rule not applied).

Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values		N	%
1	1-3 times	14,978	16.0%
2	4-6 times	10,985	11.7%
3	7-10 times	4,862	5.2%
4	11-15 times	1,479	1.6%
5	More than 15 times	2,189	2.3%
.	Missing	59,056	63.1%
		93,549	

F34 Low calorie diet

Are you now on any of the following special diets? A low calorie diet?

Variable # 18

Sas Name: LCALDIET

Sas Label: Low calorie diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	78,088	83.5%
1	Yes	13,470	14.4%
.	Missing	1,991	2.1%
		93,549	

F34 Low fat or cholesterol diet

Are you now on any of the following special diets? A low-fat or low cholesterol diet?

Variable # 19

Sas Name: LFATDIET

Sas Label: Low-fat or low cholesterol diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	46,417	49.6%
1	Yes	45,299	48.4%
.	Missing	1,833	2.0%
		93,549	



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F34 Low sodium diet

Are you now on any of the following special diets? A low salt (low sodium) diet?

Variable # 20 Usage Notes: none

Sas Name: LSLTDIET

Sas Label: Low salt (low sodium) diet Categories: Diet

Values		N	%
0	No	67,192	71.8%
1	Yes	24,016	25.7%
.	Missing	2,341	2.5%
		93,549	

F34 High fiber diet

Are you now on any of the following special diets? A high-fiber diet?

Variable # 21 Usage Notes: none

Sas Name: FBDIET34

Sas Label: High-fiber diet Categories: Diet

Values		N	%
0	No	67,554	72.2%
1	Yes	23,508	25.1%
.	Missing	2,487	2.7%
		93,549	

F34 Diabetic or ADA diet

Are you now on any of the following special diets? A diabetic or ADA diet?

Variable # 22 Usage Notes: none

Sas Name: DBDIET34

Sas Label: Diabetic or ADA diet Categories: Diet
Medical History: Diabetes

Values		N	%
0	No	86,811	92.8%
1	Yes	3,795	4.1%
.	Missing	2,943	3.1%
		93,549	

F34 Lactose-free diet

Are you now on any of the following special diets? A lactose-free (no milk or dairy foods) diet?

Variable # 23 Usage Notes: none

Sas Name: LACTDIET

Sas Label: Lactose-free (no milk/dairy foods) diet Categories: Diet

Values		N	%
0	No	85,561	91.5%
1	Yes	5,233	5.6%
.	Missing	2,755	2.9%
		93,549	



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F34 Any other diet

Are you now on any of the following special diets? Any other diet?

Variable # 24 Usage Notes: none
Sas Name: OTHDIET Categories: Diet
Sas Label: Other than listed special diet

Table with 3 columns: Values, N, % showing counts for No, Yes, and Missing categories.

F34 How often walked outside

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 25 Usage Notes: none
Sas Name: WALK Categories: Physical Activity
Sas Label: Times walk for > 10 min

Table with 3 columns: Values, N, % showing frequency of walking (Rarely or never to 7 or more times each week).

F34 How many minutes walked

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 26 Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied). Not collected on all versions of Form 34.
Sas Name: WALKMIN Categories: Physical Activity
Sas Label: Duration of walks when >10 min

Table with 3 columns: Values, N, % showing duration of walks (Less than 20 minutes to 1 hour or more).



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F34 What is usual walking speed

What is your usual speed?

Variable # 27

Sas Name: WALKSPD

Sas Label: Walking speed when walking for >10 min

Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
2	Casual strolling or walking	14,545	15.5%
3	Average or normal	37,859	40.5%
4	Fairly fast	20,708	22.1%
5	Very fast	1,133	1.2%
9	Don't know	3,217	3.4%
.	Missing	16,087	17.2%
		93,549	

F34 Strenuous exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 28

Sas Name: HRDEX

Sas Label: Times per week of very hard exercise

Usage Notes: Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
0	None	66,285	70.9%
1	1 day per week	4,752	5.1%
2	2 days per week	6,596	7.1%
3	3 days per week	8,134	8.7%
4	4 days per week	2,700	2.9%
5	5 or more days per week	3,271	3.5%
.	Missing	1,811	1.9%
		93,549	

F34 Strenuous exercise duration

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 29

Sas Name: HRDEXMIN

Sas Label: Duration per time of very hard exercise

Usage Notes: Sub-question of F34 V2 Q7.1 "Strenuous exercise frequency".
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	3,786	4.0%
2	20-39 minutes	8,881	9.5%
3	40-59 minutes	6,191	6.6%
4	1 hour or more	6,145	6.6%
.	Missing	68,546	73.3%
		93,549	



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F34 Moderate exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 30

Usage Notes: Not collected on all versions of Form 34.

Sas Name: MODEX

Categories: Physical Activity

Sas Label: Times per week of moderate exercise

Values		N	%
0	None	46,753	50.0%
1	1 day per week	10,427	11.1%
2	2 days per week	10,754	11.5%
3	3 days per week	12,476	13.3%
4	4 days per week	4,459	4.8%
5	5 or more days per week	6,867	7.3%
.	Missing	1,813	1.9%
		93,549	

F34 Moderate exercise duration

How long to you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 31

Usage Notes: Sub-question of F34 V2 Q7.3 "Moderate exercise frequency". Not collected on all versions of Form 34.

Sas Name: MODEXMIN

Categories: Physical Activity

Sas Label: Duration per time of moderate exercise

Values		N	%
1	Less than 20 minutes	12,988	13.9%
2	20-39 minutes	18,833	20.1%
3	40-59 minutes	6,459	6.9%
4	1 hour or more	5,395	5.8%
.	Missing	49,874	53.3%
		93,549	

F34 Mild exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 32

Usage Notes: Not collected on all versions of Form 34.

Sas Name: MLDEX

Categories: Physical Activity

Sas Label: Times per week of mild exercise

Values		N	%
0	None	65,375	69.9%
1	1 day per week	10,776	11.5%
2	2 days per week	6,042	6.5%
3	3 days per week	4,180	4.5%
4	4 days per week	1,513	1.6%
5	5 or more days per week	2,988	3.2%
.	Missing	2,675	2.9%
		93,549	



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F34 Mild exercise duration

How long do you usually exercise like this at one time? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 33

Sas Name: MLDEXMIN

Sas Label: Duration per time of mild exercise

Usage Notes: Sub-question of F34 V2 Q7.5 "Mild exercise frequency".
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	5,587	6.0%
2	20-39 minutes	5,967	6.4%
3	40-59 minutes	2,533	2.7%
4	1 hour or more	10,104	10.8%
.	Missing	69,358	74.1%
		93,549	

F34 Strenuous exercise at 18

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 18 years old

Variable # 34

Sas Name: HRDEX18

Sas Label: Very hard exercise 3 times/wk at age 18

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	49,484	52.9%
1	Yes	40,350	43.1%
.	Missing	3,715	4.0%
		93,549	

F34 Strenuous exercise at 35

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 35 years old

Variable # 35

Sas Name: HRDEX35

Sas Label: Very hard exercise 3 times/wk at age 35

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	49,667	53.1%
1	Yes	40,429	43.2%
.	Missing	3,453	3.7%
		93,549	



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F34 Strenuous exercise at 50

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 50 years old

Variable # 36

Usage Notes: none

Sas Name: HRDEX50

Categories: Physical Activity

Sas Label: Very hard exercise 3 times/wk at age 50

Values		N	%
0	No	54,901	58.7%
1	Yes	36,106	38.6%
.	Missing	2,542	2.7%
		93,549	

Recreational phys activity per week

Computed from Form 34, questions 6, 7.1, 7.3, and 7.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 37

Usage Notes: none

Sas Name: TEPIWK

Categories: Computed Variables
Physical Activity

Sas Label: Recreational phys activity per week

N	Min	Max	Mean	Std Dev
92625	0	25	5.38575	4.12156

Recr. phys activity per week >= 20 Min

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 38

Usage Notes: none

Sas Name: LEPITOT

Categories: Computed Variables
Physical Activity

Sas Label: Recr. phys activity per week >= 20 Min

N	Min	Max	Mean	Std Dev
92625	0	25	4.27891	3.95836

Mod. to strenuous phys activity per week

Computed from Form 34, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 39

Usage Notes: none

Sas Name: MSEPIWK

Categories: Computed Variables
Physical Activity

Sas Label: Mod. to strenuous phys activity per week

N	Min	Max	Mean	Std Dev
92625	0	19	3.06816	3.41683



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Mod-stren activity > 20 min/week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3 and 7.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 40

Usage Notes: none

Sas Name: XLMSEPI

Categories: Computed Variables
Physical Activity

Sas Label: Mod-stren activity > 20 min/week

N	Min	Max	Mean	Std Dev
92625	0	19	2.5129	3.24502

Mod-stren activity >20 min/week (categorical)

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, and 7.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 41

Usage Notes: none

Sas Name: LMSEPI

Categories: Computed Variables
Physical Activity

Sas Label: Mod-stren activity >20 min/week (categorical)

Values		N	%
1	No activity	12,636	13.5%
2	Some activity of limited duration	35,648	38.1%
3	2 - <4 episodes per week	17,093	18.3%
4	4 episodes per week	27,248	29.1%
.	Missing	924	1.0%
		93,549	

Strenuous activity episodes per week

Computed from Form 34, question 7.1. Episodes per week of strenuous recreational physical activity.

Variable # 42

Usage Notes: none

Sas Name: SEPIWK

Categories: Computed Variables
Physical Activity

Sas Label: Strenuous activity episodes per week

Values		N	%
0	0	67,172	71.8%
1	1	4,752	5.1%
2	2	6,596	7.1%
3	3	8,134	8.7%
4	4	2,700	2.9%
6	5 or more	3,271	3.5%
.	Missing	924	1.0%
		93,549	



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Minutes of recr. phys activity per week

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 43 Usage Notes: none
Sas Name: TMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of recr. phys activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 92625, 0, 1750, 197.31185, 186.02669

Minutes of mod-stren activity per week

Computed from Form 34, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 44 Usage Notes: none
Sas Name: MSMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of mod-stren activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 92625, 0, 1330, 114.48996, 152.5557

Minutes of stren. phys activity per week

Computed from Form 34, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

Variable # 45 Usage Notes: none
Sas Name: SMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of stren. phys activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 92625, 0, 420, 33.39746, 72.7817

Total MET-hours per week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 46 Usage Notes: none
Sas Name: TEXPWK Categories: Computed Variables Physical Activity
Sas Label: Total MET-hours per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 92625, 0, 142.33333, 13.6934, 14.35942

MET-hours per week from walking

Computed from Form 34, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 47 Usage Notes: none
Sas Name: WALKEXP Categories: Computed Variables Physical Activity
Sas Label: MET-hours per week from walking

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 92625, 0, 40.83333, 5.11902, 6.26544



Form 34 - Personal Habits

Data File: f34_os_pub

File Date: 08/02/2007 Structure: One row per participant

Population: OS participants

Smoking status

Computed from Form 34, questions 1, 1.2, and 1.5. Combines questions into a three category smoking status variable (never/past/current).

Variable # 48

Usage Notes: none

Sas Name: SMOKING

Categories: Computed Variables
Lifestyle: Smoking

Sas Label: Smoking status

Values		N	%
0	Never Smoked	47,021	50.3%
1	Past Smoker	39,514	42.2%
2	Current Smoker	5,790	6.2%
.	Missing	1,224	1.3%
		93,549	

Energy expenditure from hard exercise

Computed from Form 34, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 49

Usage Notes: none

Sas Name: HARDEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expenditure from hard exercise

N	Min	Max	Mean	Std Dev
92625	0	49	3.89637	8.4912

Energy expenditure from mod. exercise

Computed from Form 34, questions 7.3 and 7.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 50

Usage Notes: none

Sas Name: MODEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from moderate exercise

N	Min	Max	Mean	Std Dev
92625	0	31.5	3.33664	5.40571

Energy expenditure from mild exercise

Computed from Form 34, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 51

Usage Notes: none

Sas Name: MILDEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expenditure from mild exercise

N	Min	Max	Mean	Std Dev
92625	0	21	1.34137	3.12446



Form 34 - Personal Habits

Data File: f34_os_pub

File Date: 08/02/2007 Structure: One row per participant

Population: OS participants

Energy expend from avg walking

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

Variable # 52

Usage Notes: none

Sas Name: AVWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from avg walking

N	Min	Max	Mean	Std Dev
92625	0	24.5	2.30382	4.17436

Energy expend from walking fairly fast

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 53

Usage Notes: none

Sas Name: FFWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend fr walking fairly fast

N	Min	Max	Mean	Std Dev
92625	0	32.66667	2.26293	5.49232

Energy expend from walking very fast

Computed from Form 34, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 54

Usage Notes: none

Sas Name: VFWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend fr walking very fast

N	Min	Max	Mean	Std Dev
92625	0	40.83333	.22166	2.34492

Alcohol servings per week

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1½ oz of liquor. If all three variables are missing, set to missing.

Variable # 55

Usage Notes: none

Sas Name: ALCSWK

Categories: Computed Variables
Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Alcohol servings per week

N	Min	Max	Mean	Std Dev
93422	0	189.51923	2.49786	5.16601



Form 34 - Personal Habits

Data File: f34_os_pub

File Date: 08/02/2007 Structure: One row per participant

Population: OS participants

Alcohol intake

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Categorization of alcohol intake combining questions on past and current use and number of current servings per week from the FFQ.

Variable # 56

Usage Notes: none

Sas Name: ALCOHOL

Categories: Computed Variables
Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Alcohol intake

Values		N	%
1	Non drinker	10,477	11.2%
2	Past drinker	17,555	18.8%
3	<1 drink per month	10,731	11.5%
4	<1 drink per week	18,700	20.0%
5	1 to <7 drinks per week	23,824	25.5%
6	7+ drinks per week	11,704	12.5%
.	Missing	558	0.6%
		93,549	